

Taking Responsibility for Your Own Stress (STRESS)

COURSE NUMBER **FAA01194**

For information about this course, contact:
FAA Program Manager: Shepherd Curl
(386) 446-7132

DESCRIPTION AND LEARNING STRATEGY

Rapid change, fewer people, increased responsibilities, limited resources, and confusion about what each of us has control over all seem to be adding to a sense of helplessness, frustration, and lack of choice. This workshop provides strategies for effectively dealing with stress. Participants will focus on making the distinction between those things over which they do and do not have control or influence.

Participants will critically examine their leadership behaviors, especially as they relate to coping during times of ambiguity. They will consider the power of choosing proactive responses, rather than just reacting to situations, and will discuss the application of principle-centered choice to the workplace.

Making these personal choices to be more effective can be difficult. Participants will be provided Stress Management information with suggested stress reduction techniques. During the session, participants will engage in facilitated dialogue, simulations, and interactive lectures to discover the value of personal choice in a professional environment and the strength to take such action.

OBJECTIVES

At the conclusion of this workshop, participants will enhance the following skills:

- Differentiate among reaction and principle-centered choice.
- Identify strategies for solving problems through principle-centered choices.
- Reduce associated job stress.

RELATED COMPETENCIES

- Agility
- Building Teamwork and Cooperation
- Communication
- Developing Talent
- Integrity and Honesty
- Interpersonal Relations and Influence
- Problem Solving

CLASS SIZE

20 participants

LENGTH

4 hours

(Class times may vary.)

LOCATION

Customer site or
FAA Center for
Management and
Executive Leadership
Palm Coast, Florida

UPCOMING DELIVERIES

This course is currently
available only as a
fee-for-service delivery.

WHO SHOULD ATTEND

Employees who have a
need for increased self-
management and reduction
of job related stress

ENROLLMENT

To arrange a **fee-for-
service delivery**,
call Shep Curl at
(386) 446-7132.

PREREQUISITE

None

PRECOURSE

None

RELATED COURSES

Managing Change
([FAA01306](#))